

TOWARDS SUMMER

Sunday 1: THE MONTE SIBILLA. From Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of the roots of the myth. **Rise time 2,00-2,30 h (stops excluded), down 1,45-2,00 h (stops excluded). Gap: 630 m. Difficulty: EE.**

Monday 2: ALONG THE SENTIERO DEI MIETITORI. From Rifugio di Altino (Altino Refuge) of Montemonaco (AP) to the church of S. Maria in Pantano along the historical Sentiero dei Mietitori (Harvesters' Path), among the woods at the foot of the impressive eastern slope of Monte Vettore. **Estimated time: 3,00-3,30 h (stops excluded). Gap: 150 m. Difficulty: T/E.**

Monday 2: TO CLIMB UP INTO THE STARS. In collaboration with Arkéo, Cultural Association of Montegranaro (FM), evening walk along the mysterious ridge of so-called "Monti di S. Rosa" to observe the starry sky with the naked eye in the newmoon night. **Estimated time: 2,00-2,30 h (stops excluded). Gap: 150 m. Difficulty T.**

Saturday 7: PIANI DI CANFAITO. From Braccano, district of Matelica (MC), famous because of its mural paintings, to the beech wood overcoming the calcareous plateau, the heart of ancient Riotis Abbey preemptions. **Estimated time: 3,30-4,00 h (stops excluded). Gap: 435 m. Difficulty E**

Sunday 8: VOLPARA and PRATA WATERFALLS. From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Laga Mountains creeks. **Rise time: 2,30-3,00 h (stops excluded); down: 1,45-2,00 h (stops excluded). Gap: 660 m. Difficulty: EE.**

Friday 13: THE MONTE IGNO from Piani di Montelago BY NIGHT. From Montelago (MC) to the peak bordering the southern part of its plains in the full-moon glow. **Estimated time 2,30-3,00 h (stops excluded). Gap: 480 m. Difficulty E.**

Saturday 14: S. EUSTACHIO'S CAVES and MADONNA DEL MONTE HERMITAGE. Hike from S. Severino Marche (MC) gates, along the ancient medieval road to Camerino, up to the sanctuary at the foot of Monte d'Aria. **Estimated time: 4,45-5,15 h (stops excluded). Gap: 650 m. Difficulty: E.**

Sunday 15: MONTE REVELLONE RING. From Falcioni di Genga (AN) up to the peak that bolts south of Rossa Gorge, through Grottafacile hermitage and local precious stone quarries, at the edge of Frasassi Gorge. **Estimated time: 5,15-5,45 h (stops excluded). Gap: 650 m. Difficulty: E.**

Saturday 21: PIAN PERDUTO AND MONTE ABUZZAGO for PIANI DI CASTELLUCCIO FLOWERING. Walking around Pian Perduto along the ancient border between Norcia (PG) and Visso (MC), up to the rises preceding Vettore Group bulwarks to enjoy the view of flowered Piani di Castelluccio. **Estimated time: 2,15-2,45 h (stops excluded). Gap: 310 m. Difficulty E.**

Sunday 22: PILATE'S LAKE from Fonte S. Lorenzo for PIANI DI CASTELLUCCIO FLOWERING. From Fonte San Lorenzo in the Pian Perduto to the damned Lake thorough Forca Viola, passing from the breathtaking views of the Plains of Castelluccio colored by the Flowering to the suggestive sceneries of Lake Valley. **Rise time: 2,30-3,00 h (stops excluded), down: 2,00-2,30 h (stops excluded). Gap: 890 m. Difficulty: E.**

Venerdì 27: EVENING-HIKE TO PIANI DI RAGNOLO. Walking at sunset to Punta del Ragnolo, natural balcony over Sarnano (MC) overlooking the southern Marche, waiting for the newmoon-night to enjoy the celestial vault and recognize its constellations. **Estimated time: 2,00 h-2,30 h. Gap: 300 m. Difficulty: E.**

Saturday 28: VAL CANATRA for PIANI DI CASTELLUCCIO FLOWERING. Easy excursion around Castelluccio di Norcia (PG) rises to admire the incomparable beauty of its Piani in full flowering. **Estimated time: 3,00-3,30 h (stops excluded). Gap: 330 m. Difficulty: E.**

Sunday 29: SUSPENDED OVER THE ANCIENT LAKE for PIANI DI CASTELLUCCIO FLOWERING. The most panoramic crossing around Pian Grande in full flowering, from Rifugio Perugia to Castelluccio di Norcia (PG). **Estimated time: 3,30-4,00 h (soste escluse). Gap: 410 m. Difficulty: E**

Furthermore:

every Tuesday hikes on **MONTE SIBILLA**, from Rifugio Sibilla of Montemonaco (AP). **Rise time: 2,00-2,30 h (stops excluded), down: 1,45-2,00 h (stops excluded). Gap: 630 m. Difficulty: E.**

every Wednesday hikes to **INFERNACCIO, S. LEONARD'S HERMITAGE and HIDDEN WATERFALL**, from Rubbiano of Montefortino (FM). **Rise time: 1,45-2,00 h (stops excluded), down: 1,30-1,45 h (stops excluded).**

**For bookings, rates and info on equipment and clothing needed, time and place of departure:
Environmental Hiking Guide Dino Gazzani tel (+39) 380 3020147 --- info@marcheinspalla.com
Professional Guide empowered by national and regional regulations and covered by R.C. insurance.**

**Note: this calendar may be changed because of adverse weather conditions.
Any possible changes and new itineraries will be promptly communicated.**